

the ROADRUNNER

Nebraska ♦ Department ♦ of ♦ Roads

October/November 2013



New Rulo Bridge (see story on pages 2-3)

Photo by Jay Bailey

Governor Dave Heineman

Highway Commission

Rodney Vandenberg	Doug Leafgreen
E.J. Militti, Jr.	Ronald Books
David Copple	Greg Wolford
James Kindig	Jerome Fagerland

Administration

Roads DirectorRandall D. Peters
Deputy DirectorMoe Jamshidi
Deputy DirectorKhalil Jaber

Divisions

BridgeMark Traynowicz
Business Technology SupportBill Wehling
CommunicationMary Jo Oie
ConstructionClaude Oie
ControllerMarilyn Hayes
Government AffairsAndy Cunningham
Human ResourcesSue Larson
Legal CounselJeff Schroeder
Materials & ResearchMick Syslo
OperationsTom Sands
Planning & Project DevelopmentMike Owen
Program ManagementAmy Starr
Rail & Public TransportationEllis Tompkins
Right-of-WayRobert Frickel
Roadway DesignJames Knott
Traffic EngineeringDan Waddle

Districts

District 1Thomas Goodbarn
District 2Timothy W. Weander
District 3Kevin Domogalla
District 4Wesley Wahlgren
District 5Craig Lind
District 6Gary Thayer
District 7Kurt Vosburg
District 8Mark Kovar

EditorLinda M. Wilson
Type & LayoutDiane German

The information in this newsletter is contributed
by employees, retirees and friends of NDOR.



Rulo Bridge Opens with Ribbon Cutting Celebration

Despite flooding on the Missouri River during the past three years, the new Missouri River bridge near Rulo was completed and opened to traffic just one year later than the original completion date. More than 100 spectators and dignitaries were on hand to commemorate the event on September 1, including keynote speaker, Nebraska Lt. Governor Lavon Heidemann.

A motorcade and ribbon cutting celebrated the opening of the 2,400-foot-long bridge which connects southeast Nebraska and northwest Missouri via U.S. Highway 159 near Rulo, Nebraska. It replaces a truss bridge about 650 feet to the north built in 1938-39, which will be removed during the final phase of the contract and should be completed by spring 2014.

Project Features

The \$25.7 million bridge is 40-feet-wide, twice as wide as the previous bridge, allowing for safe passage of semi-trucks and modern farm machinery. Other project features include new paving and tie-ins on Nebraska and Missouri approaches, and construction of new storm sewer,

water lines and lighting in the Village of Rulo.

During the construction period from August 2010 to September 2013, flooding on the Missouri River occurred three times for varying lengths of time, including the devastating flood of 2011, which prevented work on the main span and Missouri approach projects. Work continued on the Nebraska approach during this time. These three floods peaked and were ranked number 1, 2 and 9 based on historic river Gage Elevations at the USGS Gaging Station in Rulo.

Same Designer

The Nebraska Department of Roads oversaw the projects, completed by prime contractors: Cramer & Associates, Grimes, Iowa, \$16.2 million for the main span project; Commercial Construction Inc., Lincoln, Nebraska, \$4.8 million for the Nebraska approach project and \$4.7 million for the Missouri approach project. The project was designed by Harrington & Cortelyou and Transystems, both from Kansas City. Harrington & Cortelyou also designed the existing Missouri River Bridge at Rulo that was opened in 1939.

(see **Rulo Bridge** on next page)

Project Facts

Missouri River Bridge at Rulo

Total Contract Cost: \$25.7 million

Project Started: August 2010

Project Completed: September 2013

- Poured 10,350 cubic yards of concrete
- Installed 1,784 million pounds of steel
- Drove 13,110 linear feet of piling
- Constructed approximately 9.278 million pounds of girders at a length of two miles laid end-to-end
- Constructed 24,225 square yards of new concrete paving
- Fourth and Final Phase of the contract for demolition let for bids in the September 2013 NDOR letting.

Cover Photos:

Top Photo: Dignitaries and officials gathering to cut the ceremonial ribbon opening the Missouri River bridge at Rulo on September 1 included, l to r: NDOR District 1 Project Manager Mike Habegger, Tecumseh; NDOR District 1 Construction Engineer Curt Muetting; NDOR District 1 Engineer Tom Goodbarn; MoDot NW Area Engineer Mike Rinehart; Nebraska Lt. Governor Lavon Heidemann; District 1 State Senator Dan Watermeier; NDOR Director Randy Peters; Nebraska State Highway Commissioner Rodney Vandenberg; and former NDOR Director Monty Fredrickson.

Bottom Photo: The new Missouri River bridge at Rulo, located about 650 feet south of the old bridge, was opened to traffic on September 1. The new bridge is 2,400 feet long and 40 feet wide.

Rulo Bridge (cont'd. from page 2)

The NDOR project manager was Mike Habegger, District 1 in Tecumseh. Project inspectors were Jeff Fossenbarger, Troy Lytle, Tim McCoy, Brian Bernadt, Larry Schulz and Tammy Parrish. Others involved with the project included subcontractors; materials suppliers; Planning & Project Development, Right-of-Way, Roadway Design and Construction divisions.

The existing truss bridge was built by the Works Progress Administration (WPA) for \$760,000. It was constructed by the Kansas City Bridge Company and opened to traffic in November of 1939 replacing a ferry operation. It remained a toll bridge until 1969 when it became the joint property of the states of Missouri and Nebraska. In 1993 the bridge was added to the National Register of Historic Places. It was featured in the movie "Paper Moon" and in the BBC series "Stephen Fry in America." ♦



Photos by Jay Bailey

The new Missouri River bridge at Rulo replaces the old truss bridge located about 650 feet to the north built in 1938-39, which will be removed in 2014. The new bridge is twice as wide as the previous bridge.

State Highway Commissioners Reappointed

Governor Dave Heineman reappointed four Nebraska State Highway Commissioners, whose terms were to expire on September 13, to six-year terms. The Commissioners are: E.J. Militti, Jr., Omaha, District 2; Doug Leafgreen, Gering, District 5; Ronald W. Books, North Platte, District 6; and Jerome A. Fagerland, Atkinson, District 8.

The six-year terms began September 14, 2013 and will run through September 13, 2019. This is the first full term for Militti; he finished the term held by Richard Reiser when he resigned in 2010. Fagerland and Leafgreen have been serving since 1999. Books is the Commissioner with the longest tenure, having served since 1995.

The State Highway Commission acts as a channel for citizens' input regarding the state highways system. Its eight members serve in an advisory role to the director of the Nebraska Department of Roads. ♦



E.J. Militti, Jr.



Doug Leafgreen



Ronald Books



Jerome Fagerland

Kearney East Bypass Interchange Opens

The Kearney East Interstate 80 Bypass Interchange was officially opened to traffic, according to NDOR's District 4 Project Manager Tom Farber.

A dedication ceremony was held on August 27, with a ribbon cutting by dignitaries, including Governor Dave Heineman, U.S. Senator Deb Fischer, and NDOR Director Randy Peters.

Unique Feature

Construction on the newly-completed first phase of a three-phase project began in late summer 2011. Besides the I-80 interchange, which begins about three miles east of the existing Kearney interchange, work included paving a four-lane road from the interstate north just past 11th Street, and extending First Street from where it ended near the Great Platte River Road Archway east to the new four lane.

According to Farber, a unique feature of the project included building a special 60-inch high concrete barrier wall along the south side of the new interchange to deter

vehicle headlights from shining out into the Platte River basin disturbing migrating and nesting whooping cranes that may be in the area. The barrier wall was mandated by an environmental impact study which was completed before construction began.

Another measure included the use of low-mast sodium vapor lighting to minimize disturbing whooping cranes occupying critical habitat along the Platte River. NDOR was required to obtain conservation easements near the interchange to restrict development that could affect the whooping crane. These easements will be managed and administered by NDOR.

A third unique aspect involved obtaining excavated fill material from an adjacent railroad viaduct removal project on I-80 two miles east of the interchange, and using the material to construct new embankment. This work required coordinating traffic control underneath the new interchange during this time. Traffic was head-to-head on I-80 during much of 2012, depending on which

Project Facts Kearney Bypass Interchange (Phase I)

Start Date: August 30, 2011

Opened to Traffic: August 27, 2013

Contract Amount: \$13.5 million

- **Grading:** 660,800 cu.yds. earthwork in embankment
- **Concrete Pavement:** 84,760 sq.yds.
- **Bridges:** 10,800 lineal ft. of 12.75" steel pipe piling
415,000 lbs. of reinforcing steel
3,100 cu.yds. of concrete

existing old railroad overhead viaduct was being removed on the project east of the new interchange.

Werner Construction Company, of Hastings, was the prime contractor for the \$13.5 million project. The final design consulting engineering firm was Kirkham, Michael & Associates, of Omaha. Others involved with the project included Werner's subcontractors; materials suppliers; Planning & Project Development, Right-of-Way, Roadway Design and Construction divisions.

Second Phase

Phase two of the new bypass will be let early in 2014, construction starting in spring 2014, with an estimated build time of two years. The second phase will extend the four-lane highway already completed, north 3½ miles to about 2,500 feet north of 56th Street. At the US-30 and U.P. Railroad, two new viaducts over the U.P. tracks and US-30 will be constructed within the second phase. One of the two viaducts built, will be the NUDECK, a new bridge construction design.

The final phase of the bypass project will extend the highway north and curve west onto 78th Street, widening 78th Street to the intersection of N-10 and N-40 north of Kearney. This project is scheduled for a late 2014 or early 2015 letting.

(see **Kearney East** on next page)



Photo by Dusty Vaughan, U.S. Senator Deb Fischer's office

NDOR Director Randy Peters (second from right) joined other dignitaries, including Kearney Mayor Stan Clouse; Jon Abegglen, Kearney Interchange Committee; Nebraska Governor Dave Heineman; U.S. Senator Deb Fischer; and Ken Rahjes, a representative from U.S. Senator Adrian Smith's office, for the August 27 ribbon cutting and opening of the Kearney East Interstate 80 bypass.

Kearney East (cont'd. from page 4)

Upon completion in 2016, the new bypass will become Nebraska Highway 10. Currently N-10 runs north from the Minden interstate exit to US-30, west on US-30 to Second Avenue in Kearney, and then north on Second Avenue out of town. This will allow traffic to circumvent Kearney, or to come into town on any of the main east-west routes, including 11th, 39th and 56th Streets, US-30 and Coal Chute Road. The existing Cherry Avenue intersection will be closed north of US-30 and south of the U.P. railroad tracks

once phase two construction is completed and open to traffic.

Plans Discussed

Plans for a second Kearney interchange were first discussed in 1997, but were held up in 2000. Former State Highway Commissioner John Kingsbury, of Ponca, was influential in convincing NDOR to resume negotiations with City of Kearney representatives in 2004. Once a plan was drawn up, which included relinquishing Second Avenue's Highway 10 designation, work wasn't started for another seven years, when

environmental hurdles were finally cleared and construction could begin.

The purpose of the Kearney East Bypass is to improve the regional linkage, enhance modal inter-relationships with the Kearney Regional Airport, the Nebraska Army National Guard and the Industrial area in east Kearney; provide an alternate route to Second Avenue for N-44/N-10 through-traffic that does not desire to stop in Kearney; and connect industrial and new growth areas, and Kearney Regional Airport to I-80 and US-30. ♦

NDOR Charitable Giving Campaign Totals Up by 8 Percent

The combined efforts of NDOR employees made 2013 the "best ever" Charitable Giving Campaign, with contributions of \$78,544 pledged to the organizations of United Way, Community Health Charities and Community Services funds. This was a tremendous 8 percent increase over the 2012 total of \$73,000.

The return of pledge cards by employees was nearly 96.5 percent, a record high, and the number of districts/divisions that achieved a 100 percent rate of returned cards was excellent. More than 32 percent of employees made campaign contributions.

Increased Giving

Fourteen out of twenty-three divisions/districts increased their giving in 2013. District 2 topped all districts for dollars pledged, with a total of \$6,953. Divisions were led by Roadway Design, with \$9,591.

For comparison purposes, in addition to this year's 8 percent increase, there were increases of 17 percent in 2012, 20 percent in 2011, 5 percent in 2010, 25 percent in 2009 and 47 percent in 2008. Again this year, NDOR employees exceeded two of three campaign goals: 95 percent or more of all pledge cards turned in

and a \$75,000 total contribution, and were just short of meeting the third goal of 700 employees contributing, with 668 employees contributing.

Again this year, Governor Heineman announced a "Challenge to Agency Directors," with agencies divided into five teams. NDOR, Corrections and Health & Human Services each had their own teams, with all other agencies making up the remaining teams. Categories in the Governor's Challenge included: Champion of Dollars (total dollars contributed/pledged), Champion of Givers (total number of employees contributing/pledging), Champion of New Givers, Champion of New Dollars and Champion of Creativity.

Champion of Creativity

This year, NDOR received the Champion of Creativity trophy. In addition the Roads Team was recognized as runner-up for Champion of New Dollars, Champion of New Givers and Champion of Givers. Also, Merriam Sprouse and Heather Kowalski were recognized as Most Valuable Players for the Department of Roads Team, for the efforts they coordinated in the Roadway Design Division.

(see **Charitable Giving** on next page)

2013 Charitable Giving Campaign Coordinators

Director's Office: Verneda Kelly
Bridge: Randy Pospisil & Lori Larson
BTSD: Trish Sanchez
Communication: Anne White
Construction: Ken Stege & Heather Silver
Controller: Linda Soulliere
Human Resources: Travis Haberman
M&R: Bob Jaeger
Operations: Janie Vrtiska
Plan. & Proj. Development: Mike Owen & Sandy Knippelmeyer
Program Mgmt.: Paul Fintel
Rail: Frank Faughn & Abe Anshasi
ROW: Melissa Krouse, Kelley Behlen, Nicki Klein & Jeremy Marlar
Roadway Design: Heather Kowalski & Merriam Sprouse
Traffic: Bobbi Olson
District 1: Linda Piening
District 2: Natalie Clark
District 3: Shelia Puls
District 4: Esther Shepherd, Trudy Soll & Lauren Swiatoviak
District 5: Cindy Vergil, Lisa Houston & Mindy Whitely
District 6: Karen Swedburg, Cameron Craig & Larry Ferguson
District 7: Jan Collins
District 8: Erin Allen

Charitable Giving *(cont'd. from page 5)*

NDOR Director Randy Peters noted, "The Governor's Trophy that has eluded us in the past now resides with us - Champion of Creativity. Other agencies had to step up their 2013 efforts to surpass our efforts, which have shown significant and consistent growth over the last five years. Congratulations go to Col. Sankey, Coach of Team 5, Champions of New Dollars, New Givers, Dollars and Givers."

Director Peters added, "Regardless of which team is recognized, the most important recognition is that the 2013 campaign reached a record level of \$560,000. That is what the effort is all about."

The 2013 NDOR Charitable Giving Campaign was led by Jim Knott, Mark Kovar, and Mick Syslo, with support from coordinators in all of the divisions and districts. Campaign leaders provided weekly email updates to employees. In keeping with the campaign theme, "Serve the Public Beyond the Job," links to video clips were provided, with testimonials by many NDOR employees, including the campaign co-chairs and Director Peters, on what inspires them to give.

Special Events

In addition to a kick-off event held on the grounds of NDOR's Central Complex, fund-raising activities and other special events were held within the divisions and districts, including Right-of-Way's photo booth, as well as Business and Technology Support's raffle, with the winner, Jennifer Tyser, receiving an auto detailing package. Roadway Design's "Tails & Treats" event gave NDOR Central Complex employees the opportunity to visit with representatives from the Capitol Humane Society and meet several pets available for adoption, including a dog, two cats and a rabbit. Puppy Chow, Scooby Snacks and other goodies were provided.

A grand finale celebration was held at the end of the campaign, with a visit by "The King," Elvis himself,

aka NDOR Director Randy Peters, in recognition of Central Complex employees turning in 95 percent of their pledge cards, along with a performance by the Northeast Family Center's Academy of Rock, a contemporary rock music program for youth of all ages. To top it off, root beer floats were served to all.

Early in the campaign, Roadway

Design Engineer and Campaign Co-Chair Jim Knott sent an email to all employees, on behalf of the campaign co-chairs, noting that "whether you live in Gering, Imperial, Valentine or Elkhorn, giving supports great causes that impact all Nebraskans..." Once, again, NDOR employees took that message to heart with spectacular results. ♦



Photos by Jay Bailey

NDOR Director Randy Peters stands next to Starlet Borecky, United Way Executive Director, who, along with Tiffany Heidtbrink, from Cedars, gave presentations to employees on August 1 during a kick-off event held outdoors between the 1400 and 1500 buildings at NDOR's Central Complex.



NDOR Director Randy Peters, left, was "The King" for a day on August 27 as he donned a wig and played the part of Elvis during an employee Charitable Giving Celebration in NDOR's Central Headquarters Auditorium. He joined members of Northeast Family Center's Academy of Rock.

A Great Day to Appreciate...

On Tuesday, October 8, NDOR employees gathered in the “backyard” of the central headquarters building in Lincoln for the 14th annual employee appreciation picnic. While a bit on the breezy side, mild temperatures and sunshine contributed to an enjoyable event, with hamburgers, hotdogs and other picnic fare served up by NDOR Director Randy Peters and division heads.

Outdoor festivities included an employees’ car/vehicle show. Director Peters presented trophies, including **Director’s Choice** to Ryan McKay, Construction, with his 1964 Ford Galaxy 500; **Employees’ Choice – 1st Place** to Toby Fierstein, Roadway Design, with his 1942 M2 Halftrack; **Employees’ Choice – 2nd Place** to Dale Nelson, Operations, with his 1965 Impala SS; **Employees’ Choice – 3rd Place** to Greg Swim, Retired-Construction, with his 1956 Chevy Street Rod. There were 17 entries in this year’s car show, coordinated by Maury and Bev Vonasek.

An educational exhibit about RoadToasters, the NDOR-sponsored Toastmasters club, was offered in the central headquarters building with club members available to answer questions.



Photo by Jay Bailey

We Get Mail...

September 6, 2013

Director Randall Peters,

Thank you, Thank you, Thank you very much to you and your Nebraska Department of Roads employees for the great improvement you made on Highway N-23 between Elwood and Smithfield.

All of us that drive this road really appreciate the smoother ride.

Sincerely,

Rodney E. Schroeder
Lexington, Nebraska

The Department of Roads receives numerous complimentary letters. The letters printed here are representative of those often sent praising the many fine and deserving employees of the Department of Roads.

August 13, 2013

Dear Director Randy Peters,

I just finished a trip to Colorado from Illinois. Traveling through Nebraska I was so totally delighted driving on your portions of Interstate 80. It was very apparent that most of it had been resurfaced and, what wasn't, was under construction to be done. The smooth highways made the trip so much more enjoyable. Nebraska seems to have such a “tidy” look to it. The scenery was also worth taking in. I enjoyed the lack of traffic and peace and solitude that you certainly do not get in my home state of Illinois.

Please pay my compliments to the many hard working men and women in Nebraska who make your state such a delight to be in. You all seem to have your “act” together. Much unlike many other states.

I hope to continue my trips to the mountains and will surely be taking the quickest route through your state to get there. Please keep up the fantastic efforts on all your parts to make Nebraska one of the top 10 states (according to MSN as of today) to live in.

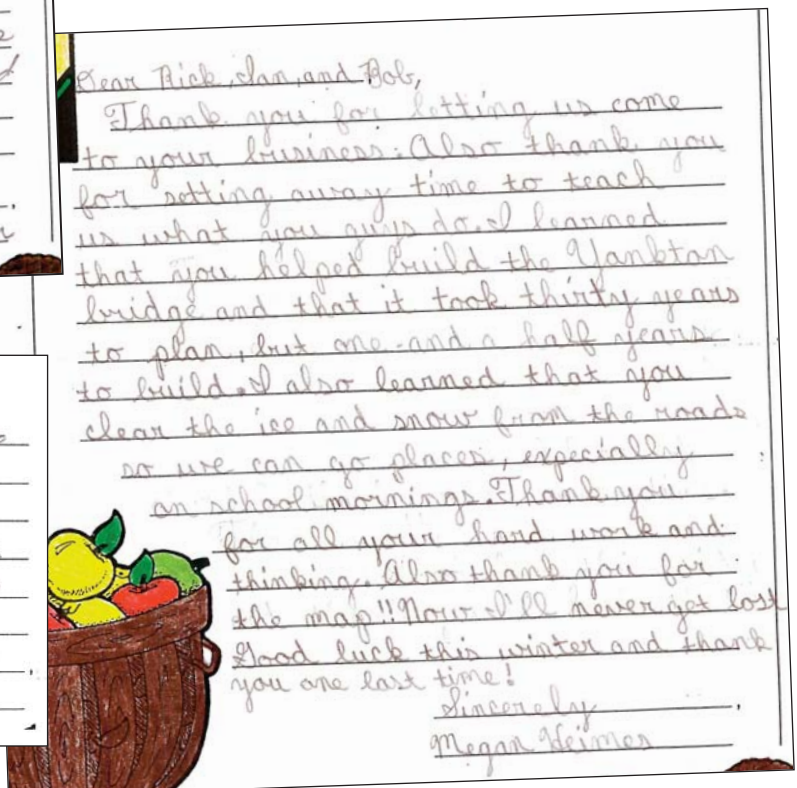
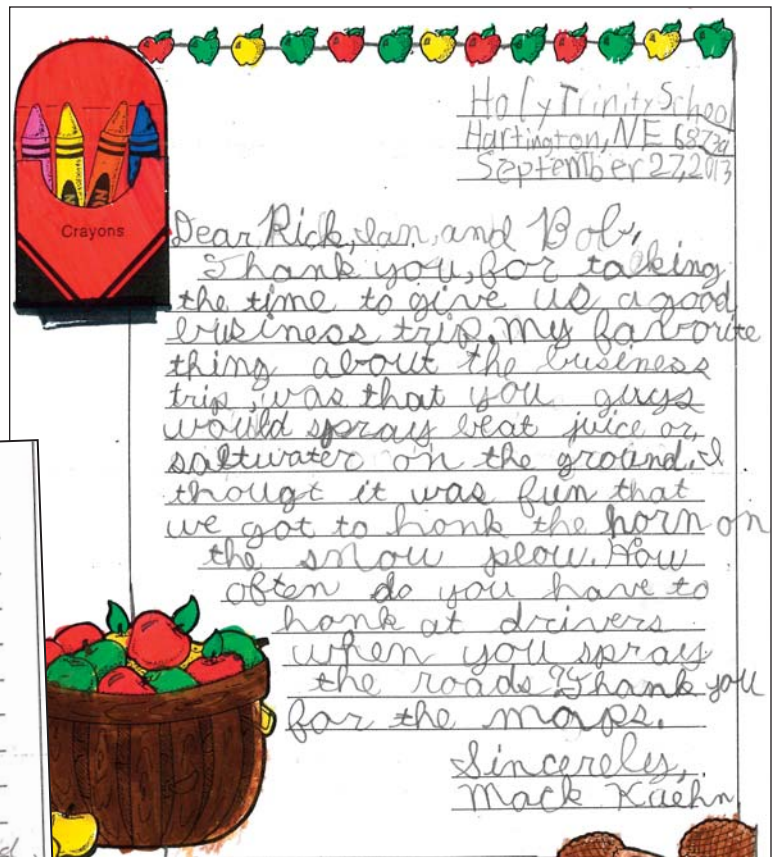
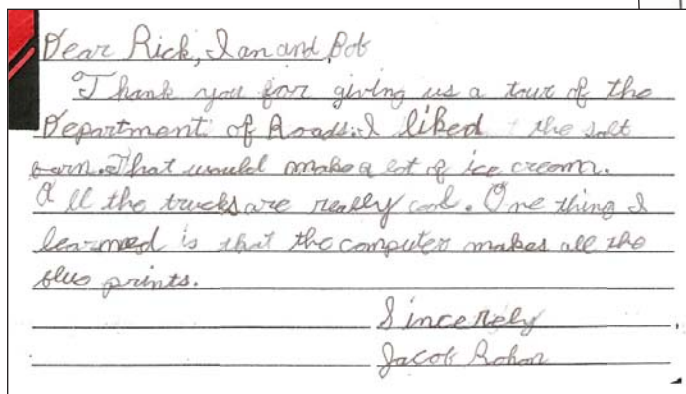
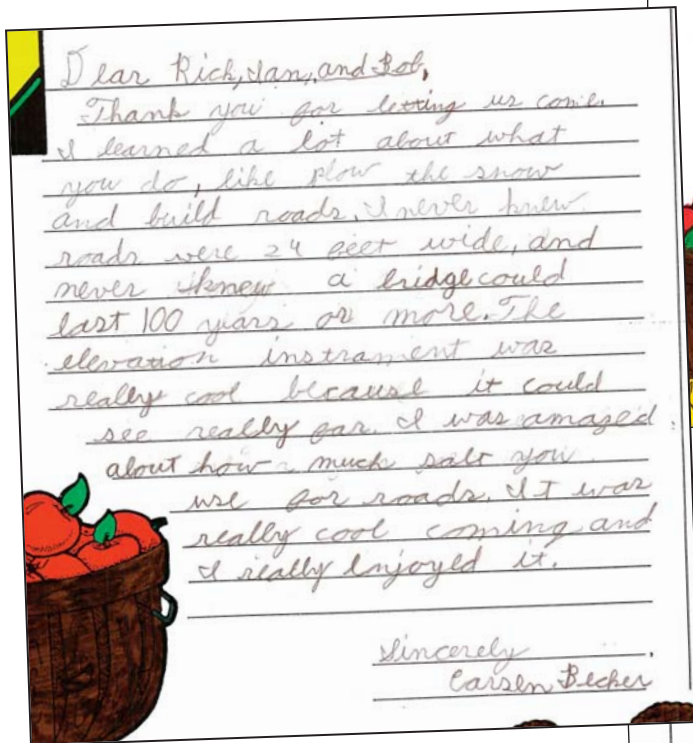
Best regards,

Linden J. Feller
Freeport, Illinois

Editor’s Note: Kudos to NDOR employees from a satisfied customer.

Hartington Fifth Graders take 'Business Trip' to District 3

Fifth graders from Holy Trinity Elementary School in Hartington wrote thank you letters to employees at the District 3 Construction Office in Hartington after their recent "business trip." Macalister Kuehn, son of Rick Kuehn, Highway Construction Technician III, was one of the participants. Each year, students visit five businesses where their parents work. During the visit, they ask questions about the business and type of work that is done, and upon returning to school, they are required to write a report. Here is a sampling of thank you letters sent.



Adventures on the Bandit Run

By Kendall Tonjes
Program Management

Most of you who have seen the movie, *Smokey and the Bandit*, probably thought it was a funny and entertaining little film and haven't given it much thought in the 25 years or so since it was released. As it was with me... until the spring of 2011, when my husband, Mark, told me the tale of an annual Trans Am rally celebrating that movie. He asked what I thought about signing up for The Bandit Run.

When I asked for details, he told me it would replicate the route from the movie, Texarkana to Atlanta. That year, the run was held in May, and although intrigued, I told him he should go on without me.

Mark went on the week-long Bandit Run that year and had a great time. In 2012, we were so busy that attending wasn't an option. Earlier this year, he showed me the itinerary for the 2013 Bandit Run. It would begin in Lincoln and end a week later in Golden, Colorado, with overnights in Valentine, Rapid City and Laramie, with plenty of time to see all the sights along the way. I immediately said, "I'm in!"

Classic Cars

On a hot mid-July day, 200-plus people and 100-plus classic cars – mostly Trans Ams, but all running vehicles are welcome – showed up at Restore A Muscle Car, located just north of Lincoln and owned by Dave Hall, for a pre-rally barbeque and a chance to meet Hal Needham, writer and director of *Smokey and the Bandit*. Later, we went to the Rococo Theater to watch a special screening of the movie.

On Sunday morning, we gathered around Hall, organizer of the Bandit Run, for the morning meeting. We were summoned by an air horn on the replica of the semi-truck and trailer from the movie and the sirens of three replica Georgia State Police cars that would follow us all over the Midwest for the next week. Then we shoe-horned ourselves into our 2002 Collector Edition Trans Am that was loaded to the roof with enough clothes and provisions to last for a week on the road. And, we

were off, 100 or so cars driving north through the small towns and eventually meeting in Norfolk for lunch and an impromptu car show at the airport. From there, we made our way to Valentine, to spend the evening.

Monday morning, the drive from Valentine to Rapid City was surreal. We enjoyed the beauty of the Sandhills, witnessed the poverty and despair of the Rosebud and Pine Ridge Indian reservations, then stumbled upon the majestic Badlands. We took our time driving through Badlands National Park, descending back to the prairie, and on to the mayhem of Wall, South Dakota.

After lunch in Wall, we were on our way to Rapid City. That evening the group cruised to Sturgis. Hard to believe this sleepy little town of 7,000 grows to almost half a million every August when the motorcycle rally comes to town.

Tuesday morning the Bandit Run arrived in Mount Rushmore. I stood around on the top of the parking garage with the rest of the passengers while the photographer got all the cars lined up just right for the official Bandit Run photo. Finally, we were excused for the rest of the day; Mark and I headed for the visitor's center and the monument.

"Relaxing" Drive

We took a "relaxing" drive on the Needles Highway. As a highway department employee, I have to object to calling that road a highway. I was instantly transported back to those days in our 1964 Buick winding our way up to the top and then back down this same road with seemingly only two wheels on the pavement most of the time. When we finally made it safely off, we headed to Deadwood. We saw the Crazy Horse monument from the highway, but didn't stop due to the entrance fee.

Wednesday morning we left Rapid City for Laramie via Custer State Park. We didn't see so much as a chipmunk for the first 15 miles. Finally we saw a group of cars stopped to see several buffalo standing around waiting patiently for us to take their pictures.

After a stop in Hot Springs for lunch

we left ahead of the group to spend some time with my friend Laura and her 11-year-old son, Xavier, in Laramie. US-85 in eastern Wyoming is one of the most desolate highways I have ever seen. We saw 10 times as many antelope as we did cars, as well as miles and miles of snow fence. Finally, we made Laramie. On Thursday morning with Mark and Zave in the Trans Am and Laura and I in her Prius, we headed south with plans for Zave to ride with Mark around the track at Colorado National Speedway.

Last Hurrah

The speedway is a half-mile asphalt track north of Denver. Most of the Bandit Runners took to the track five cars at a time, with a pace car leading them. It didn't take long to figure out that if you lagged way behind the pace car you could put your foot in it in order to catch up. Mark said his top speed was only about 85. Xavier said it felt as fast as that time he was with Grandpa in his Corvette and they went 120. Laura made a mental note to call Grandpa. Then it was time to tell our friends goodbye and head off to Golden for the 2013 Bandit Run's last hurrah.

Would I do it again? You bet! But it will be hard to top the 2013 run. It was fantastic from start to finish. We haven't been told the route for 2014 yet, but rumors were flying that it might be a fall run to the northeast. Interested in joining next year? Google "Bandit Run" and you'll find a Facebook page and at least one website with details as they become available.

As I said, anyone and any car is welcome. This year, in addition to drivers and cars from across the U.S., there were participants from Canada, Australia and a couple from Germany who drove a rental car. Some drove the entire route, some didn't. The Bandit Run is pretty relaxed, with lots of time to do your own thing. If you can deal with the occasional late start, unannounced detour or buffalo in the middle of the road, this event is for you. But, if those things drive you nuts, you might want to consider a bus tour! ♦



Getting a Shot... or Not?



By Amy Haycock, RN

Every year we are encouraged to be immunized for the flu season, and those in some occupations are even forced to do so. Is this necessary? What are the benefits? What is the right choice: to get a shot... or

not? Influenza is unpredictable; 62 percent of vaccines given last season were effective, according to the CDC-US Centers for Disease Control and Prevention (CDC, 2013).

The CDC estimates 85 percent of the U.S. population is eligible for flu vaccination and 5 to 20 percent is diagnosed with the flu. Influenza is different every year, which warrants the need for annual vaccinations. The flu is passed through droplets in the air by coughing, sneezing and talking. The virus enters your nose or mouth. It is also passed when touching a surface that has been contaminated and then contact is made with your eyes, nose or mouth.

Flu Symptoms

The flu is an infection that has symptoms including headache, chills, cough, body aches, fever, stuffy nose, runny nose and sore throat. Symptoms can appear as soon as 24 hours after getting infected, but can be as far out as four days. The infection can be spread to others before your symptoms begin. Symptoms appear rapidly and fever starts to subside around the third day. The flu can result in hospitalization and death.

Immunization is a good way to prevent the flu or reduce symptoms if you are exposed. Antibiotics do not help with flu symptoms, but there are antiviral medications prescribed by your doctor that can help. You must start these medications within 48 hours of your symptoms. Some doctors prescribe antivirals to family members who have been exposed, but not all patients qualify for antiviral use. Typically, the doctor's office staff prefers you call first if you are experiencing symptoms so you do not expose others.

There are other ways to provide comfort during your illness: getting enough rest, drinking plenty of fluids and taking Tylenol for fever. Minimize your exposure to others. Most employers require you not report to work when you have fever or flu symptoms.

Hand hygiene is one of the best ways to prevent the spread of illness. Also, be conscious of touching your face, nose and mouth. Cover those sneezes and wipe surfaces with disinfectants. Eat a well-balanced diet, drink plenty of fluids and maintain your exercise habits.

Antibodies Protect

Flu vaccines cause antibodies to develop about two weeks after vaccination. These help protect against infection. The seasonal flu shot protects against three viruses that research indicates will be most common during the flu season from November to March. Some cases have been reported in October, April and May. The vaccination can affect people differently. Your vaccination can help others by reducing exposure. If you have other health disparities you should consult your doctor about vaccination.

Your provider should give you a VIS (vaccine information sheet) which reviews flu vaccination information and explains the risks and benefits. Many providers also ask you to complete a questionnaire after you read the VIS. If you have had a flu vaccination in the past, you need one dose per season. Some providers require two doses, one month apart, for first-time vaccination participants. Vaccinations start at 6 months of age. There are two types of vaccinations: inactivated and live attenuated. Some vaccinations are given by injection into a muscle while others can be inhaled by nose.

Yes, flu shots are a gamble, with side effects like any medication. There are benefits, too. You have the facts; now it's your choice to get a shot... or not. For additional information, go to: www.cdc.gov/vaccines.



All in the Family

Information for "All in the Family" should be sent to the Communication Division. Appropriate information will be included in future Roadrunners.

Please note: Birth announcements will be published as long as written permission is received by the Communication Division. This is necessary, as NDOR is required to adhere to privacy laws under the Health Insurance Portability and Accountability Act (HIPAA).

Condolences

Right-of-Way sends condolences to family and friends on the death of Gary Britton. Gary worked at NDOR for 39 years and was the Right-of-Way Division Manager when he retired on August 28, 2009. And to Ethel Skinner on the death of her sister. Ethel is a ROW Appraiser II.

Condolences to Bob Simard on the death of his father-in-law. Bob is an Engineer IV in Traffic Engineering.

Bridge sends condolences to Lori Larson on the passing of her mother. Lori is an Administrative Assistant I.

Construction sends condolences to the following employees and their families: Dave Brady on the death of his mother-in-law. Dave is a Hwy. Cost Estimator. To Mike Stoltenberg on the death of his father. Mike is an Engineer V. To Dave Watkins on the death of his father-in-law. Dave is a Hwy. Construction Tech IV. And to Andy Dearmont on the death of his father-in-law. Andy is an Engineer V.

Condolences to co-workers and friends of Joyce Bennett, who passed away on September 16. Joyce was an Office Clerk III in Highway Safety, Traffic Engineering, with more than 30 years of service at NDOR.

District 4 sends condolences to the following employees and their families: Penny Beran on the passing of her mother-in-law. Penny is the Staff Assistant in Ord. To Sonny Sekutera on the passing of his mother-in-law. Sonny is the Maintenance Supervisor in Loup City. To Calvin Splattstoesser on the passing of his sister-in-law. Cal is the Quality Assurance Manager in Grand Island.

Births

Congratulations to Alan and Danielle Swanson on the birth of their daughter, Kelsey Mae, born July 11. Alan is an Engineer IV in Planning & Project Development.

Congratulations to Jim and Gail Miller on the birth of their granddaughter, Addyson Grace, born September 16. Jim is a Hwy. Materials & Tests Manager in Materials & Research.

Congratulations to Todd and Angela Parrott on the birth of their grandson, Zaiden Michael, born September 11. Todd is a Hwy. Designer II in Roadway Design. Congratulations to great grandparents Michael and JoAnn Parrott. Michael is a Hwy. Designer III in Roadway Design and JoAnn is a Transportation Planner II in Materials & Research.

Congratulations to Jane Sutherland on the birth of her granddaughter, Awen Hazel, born September 27. Jane is a Statistical Analyst III in Communication.

Greg Trease has a new grandson, Benjamin William, born September 27. Greg is a Mechanic at District 3 in Norfolk.

Russ and Suzie Wentworth are grandparents of Jett Ezekiah born July 28. Russ is a Hwy. Maintenance Worker Sr. at District 8 in Springfield.

Ainsleigh Marie was born July 24 to Brandon and Kristy Crawford. Brandon is an Auto/Diesel Mechanic at District 8 in Ainsworth.

Weddings

Congratulations to Mark Borgmann and Denise Peck who were united in marriage on September 21 in Lincoln. Mark is a Bridge Fabrication Manager in the Bridge Division.

This 'n That

Congratulations to Lou Lenzen on his retirement after 38 years of service. Lou was an Engineer V in Roadway Design.

Congratulations to Art Ma on his retirement after 39 years of service. Art was an Engineer III in Roadway Design.

Congratulations to Frank Blankenau on his retirement on September 6 after 40 years of service. Frank was the Hwy. Property Management Supervisor in Right-of-Way.

Congratulations to Gary Branting on his retirement on August 23 after 18 years of service. Gary was a Hwy. Maintenance Supervisor at District 4 in Kearney.

Congratulations to Kaeli McVicker on receiving Grand Champion Intermediate Showmanship and Reserve Champion Breeding Heifer at the Morrill County Fair. Kaeli is the granddaughter of Cindy Vergil, Administrative Assistant at District 5 in Gering.

Stevie Swedberg recently graduated from Doane College with a Master's Degree in Curriculum and Instruction. Stevie is the daughter of Steve and Karen Swedberg. Karen is an Administrative Assistant at District 6 in North Platte.

District 6 sends congratulations to Arline Miles on her retirement August 23 after 41 years of service. Arline was a Staff Assistant in Lexington. To Layne Childers on his retirement September 6 after 40 years of service. Layne was a Hwy. Maintenance Superintendent in Ogallala. To Bill Smets on his retirement September 20 after 53 years of service. Bill was a Hwy. Maintenance Superintendent in Lexington.

Service Awards

Congratulations to these dedicated individuals for their work and continued service with the Department of Roads. They celebrate their service dates in *October and November 2013*.

40 Years

Michael Bargmann, District 6

30 Years

Ronald Ballinger, District 2
Jerry Engler, District 1
Chris Ford, District 5
Pamela Garrett, District 6
Mary Gress, Traffic Engineering
Steven Grummert, District 4
Todd Wicken, Right-of-Way
Byron Nordstrom, District 1

20 Years

Rodney Gonnerman, BTSD
Rick Hartman, District 3
Glenn Morrison, District 5
Delwin Peterson, District 3
John Peterson, District 7
Merle Poppe, District 7
Aldon Sample, District 6
Gene Schlesinger, District 4
Timothy Vanderford, District 7
Scott Waddle, M&R
Jeffrey Walter, Right of Way
Craig Washburn, District 1

10 Years

Jodi Gibson, M&R
Jerry Hanefeldt, District 3
Joseph House, Roadway Design
Mary Neben, Communication
John Turley, District 6
Randy Vogt, District 3

NDOR Events Calendar

— October —

International Walk to School Month

www.iwalktoschool.org/

- 4 **Bd. Examiners for Co. Hwy. & City Street Supts.**
Meeting: 8:45 a.m., Hwy. Commission Meeting Rm.
Exam: 9:00 a.m.-4:00 p.m., NDOR Auditorium
Contact LeMoyne Schulz @ 402-479-4436
- 7-11 **Drive Safely Work Week**
www.trafficsafety.org/drivesafelyworkweek/
- 9 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628
- 10 **Put the Brakes on Fatalities Day**
www.brakesonfatalities.org
- 10 **Letting**
1:30 p.m., NDOR Auditorium
Contact Kendall Stege @ 402-479-4528
- 11 **Bd. Public Roads Class. & Stds.**
9:00 a.m., City Library, Alliance
Contact LeMoyne Schulz @ 402-479-4436
- 14 **State Holiday – Columbus Day**
- 16 **Blood Drive – Community Blood Bank**
NDOR Central Headquarters
Contact Diane Holthus @ 402-479-4580
- 20-26 **National Teen Driver Safety Week**
www.teendriversource.org
- 21-25 **National School Bus Safety Week**
http://www.thecarconnection.com/news/1036922_national-school-bus-safety-week-prevention
- 23 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628

— November —

- 1 **Bd. Examiners for Co. Hwy. & City Street Supts.**
10:00 a.m. Hwy. Commission Meeting Rm.
Contact LeMoyne Schulz @ 402-479-4436
- 5 **New Employee Orientation Program**
Rm. 152, 5001 S. 14th (the "Hill")
Contact Denice Sears @ 402-479-3656

- 6 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628

11 State Holiday – Veterans Day

- 14 **Letting**
1:30 p.m., NDOR Auditorium
Contact Kendall Stege @ 402-479-4528

- 15 **Bd. Public Roads Class & Stds.**
9:00 a.m., NDOR Auditorium, Lincoln
Contact LeMoyne Schulz @ 402-479-4436

- 20 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628

11/25 - 12/1 Click It or Ticket Mobilization

28-29 State Holiday – Thanksgiving

— December —

National Drunk & Drugged Driving Prevention Month

- 4 **RoadToasters**
12:00 p.m.-1:00 p.m., Hwy. Commission Meeting Rm.
Contact Glenn Williams @ 402-479-3628

- 12 **Letting**
1:30 p.m., NDOR Auditorium
Contact Kendall Stege @ 402-479-4528

- 13 **Hwy. Commission Meeting**
8:30 a.m., Hwy. Commission Meeting Rm.
Contact Greg Weinert @ 402-479-4871

12/13 - 1/1 You Drink & Drive. You Lose. Crackdown

- 18 **Blood Drive – Community Blood Bank**
NDOR Central Headquarters
Contact Diane Holthus @ 402-479-4580

- 18 **RoadToasters Holiday Meeting**
12:00 p.m.-1:00 p.m., NDOR Auditorium
Contact Glenn Williams @ 402-479-3628

25 State Holiday – Christmas

If you would like a key event included on upcoming calendars, call the Communication Office 479-4512 or e-mail linda.wilson@nebraska.gov. Information for the December/January Roadrunner should be received by November 27, 2013.



Toward Zero Deaths